



Teaneck Senior Center

Township of
Teaneck



Summer Season 2021

Designed by:
Zohna Jones & Andrea Robinson

Summer State of Mind



We're excited to bring you the summer edition of our newsletter! We have been continuing our wellness checks, virtual classes, and in the midst of a 10 week outdoor Spring Session.

Virtual Classes are here!

Check out our physical fitness, art, and educational class offerings on the Township Website: <https://www.teanecknj.gov/senior-programs>.

The Senior classes are also playing on **Cable TV**
Channel 77 on Altice (Optimum) or **Channel 47 on FIOS!**

Summer 2021 Outdoor Classes Are Coming!

The Senior Center will be offering an array of **outdoor classes** for the 2021 Summer Session. Information/ packet can be found on the Township Website starting **May 7th**. The 6 week Outdoor Summer Session will run from **Tuesday, July 6th to Friday, August 13th**.

We will continue to use the Township Website as our way of communicating any updates:

<https://www.teanecknj.gov/senior-programs>

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Health & Wellness

Summer Maintenance for Seniors!

- Try relaxation techniques such as meditation or yoga to manage stress.
- Get vision, dental, and hearing checkups on a regular basis.
- Be sure to protect your skin from the sun by using sunscreen!



Nurse Kathy Powers R.N.

RESOURCE CORNER

Professional Services

Holy Name Medical Center Nurse, Kathleen Powers, R.N., will be on-site for Blood Pressure Screenings by **APPOINTMENT ONLY**.

Please call the Senior Center
at 201-837-0171 or 201-837-7130 to make an appointment.



Bergen County Division of Senior Services / Kaplan Jewish Community Center (JCC)

Introducing the Senior iPad Lending Library! This program will deliver a preloaded iPad to any Senior in need with ongoing technical support. Don't miss out! Call Sarah Feinmark at **201-569-7900 extension 404** or email **SFeinmark@jccotp.org** for more information.

Did you know?

The Cost of Nursing Home Care

State	Cost (Per Month)
New Jersey	\$10,646
New York	\$11,613
Pennsylvania	\$9,733
Delaware	\$10,897
Maryland	\$9,673

The average cost of nursing home care in the United States is \$7,513. New Jersey is 29% higher than the national average.

Source:
Senior Housing Net

Recipe Corner: Simple Lemon Pasta

Ingredients:

- 2-3 Lemons juiced and some lemon zest
- 1-2 tablespoons olive oil
- 2 teaspoons of salt
- 1 teaspoon black pepper
- 8 oz package of pasta
- Chopped Parsley to Garnish
- *Optional: 1 quarter teaspoon red pepper flakes*



Recipe Courtesy of
The Simple Veganista

Instructions:

- Cook pasta according to package.
- In a small bowl, mix together lemon juice, olive oil, salt, cracked pepper, and red pepper flakes (optional).
- Place pasta in individual serving dishes and top with lemon juice mixture and add chopped parsley and lemon zest to garnish. Simple and delicious!

MAY YOU ALWAYS HAVE
A SHELL IN YOUR POCKET
AND SAND IN YOUR SHOES

Ladybug Craft: Rock Out Your Garden

Materials Needed:

- Patio paint in your color of choice.
- Smooth Rocks preferably oval or round in shape.
- Paintbrush
- Toothpick
- Clear Coat Patio Paint
- Get creative!



Instructions:

This is a fun activity to add some decoration and fun to your garden! Get the materials listed, most can be found at a craft store like Michaels or online on Amazon.com.

Paint the body of the rock with your color of choice. Then paint your spots and eyes and once it dries put a clear coat of the patio paint on it to seal.